

QC

ON THE SCENE:

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NO TOIL NO TROUBLE

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THE WAY YOU SEE WIGGIES **P. 4**



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

ELINOR FLORENCE

Bird's Eye View

I grew up surrounded by air force ghosts.

My family farm near North Watford was a former airfield for the British Commonwealth Air Training Plan, and my childhood home was a converted barracks building. Not only was my father an RCMP vet, but my mother had many stories about the lonely young women who lived here during the war, at Saskatoon, Regina, and dozens of smaller post-war communities.

I covered their lives with me as I pursued my journalism career—first as a farm reporter for the Western Producer in Saskatoon, then the Red Deer Advocate, Whangarua Star, Vancouver Province and finally Reader's Digest.

The spark that ignited my novel was an old newspaper clipping that showed a woman.

In a uniform, studying a photograph, I was instantly intrigued, and set about re-creating the little-known art of aerial photography: color printing.

I learned that hundreds of photo interpreters, half of whom were women, worked at a converted mess hall in England, sipping tea on the runway from the sky. Using a viewing device called a stereoscope, they

searched for damage, followed troop movements, and watched out for downed war-time factories. In fact, it was a woman who discovered, on an aerial photograph, the first jet propelled weapon of mass destruction in history.

As I wrote a fictionalized novel about these little-known women, I met Saskatooners who are filled with patriotism when her fictional town of Watfordwood becomes an air training base. She joins the air force, goes overseas and becomes a photo interpreter. Like so many others, Rose keeps in touch with the home front through frequent letters from her mother. She experiences both joy and heartache during her long years away from home, while watching

the war's painful progress from above—hence my title.

Fifty thousand copies gone. Several women served in the armed forces during World War Two, and to my knowledge, this is the only novel that features one of them as a heroine.

Bird's Eye View is available through bookstores everywhere, and also as an ebook. I'll read from my novel at McEwen's Bookstore in Saskatoon at 7 p.m. on Nov. 4. My talented niece Tricia Plummer will be there, singing patriotic wartime tunes. Please feel free to drop in your best 1000-watt!



Elinor Florence



Elinor

can find her interview at www.foxnews.com where she will also be reading. Visit www.foxnews.com for more information on her website: www.foxnews.com

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University of Saskatchewan history professor Paul Klassen delves into the history of magic and how it fundamentally shaped the 17th-century Aboriginal modern interpretations. **go photo by MICHELLE BERN**

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Get your score on at the SCOP Gallery's Halloween exhibit in Saskatoon. **go photo by MICHELLE BERN**

QC COVER PHOTO BY BRYAN SCHLOSSER

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ON THE COVER

I read this and thought, 'Good God. Where did this come from? This is really creepy.'

—Frank Klaassen

OCCULT

Discovering the dark and light secrets of magic



University of Saskatchewan history professor and medieval/early modern expert Frank Klaassen's bookshelf is filled with eclectic reads on everything from demon to superstition through the ages. (OC PHOTO BY MICHELLE HENDRICKS)

By Jenn Sharp

You know you have a cool job when your title is president, Societas Magicae (an organization for scholars who study magic).

Frank Klaassen sits comfortably in his office, legs crossed, a wall of books behind him. A macrofilm

resistor sits on one corner where he sometimes sneezes into. His library includes titles like *Thinking with Demons*, *Persuasions of the Witch's Craft* and *Conjuring Spirits*.

A professor of history at the University of Saskatchewan, he's a specialist in the late medieval/Renaissance, studying forgotten texts

written hundreds of years ago — and making intriguing discoveries.

In 2003, he received a grant worth \$53,000 from the Social Sciences and Humanities Research Council of Canada to research a book that will focus on magic from the late Middle Ages to the late 1600s.

It's based on a frightening text

from the 17th century he found years ago in the British Museum in London.

"This is a really scary text," says Klaassen with a grimace of disgust. "I read this and thought, 'Good God. Where did this come from? This is really creepy.' It was really unusual to find these things."

The text contains specific instructions on how to slay the devil and summon the departed from the grave.

"This text is just sociopathic. It's conjuring heaven ghosts. You go to a grave and you dig up a body and you rip out the heart, and preferably you get a child."

There's really no evidence at all that the Enlightenment and modernization have brought about any decline in magic (There's the conception) that we've shed the superstition. No, that's not exactly what happened. — Klaassen

MAGIC FOR THE MODERN ERA

Most people don't think of themselves as superstitious, but Klaassen points out a number of tendencies that suggest otherwise. Practices like horomancy, aromatherapy, crystallography, reikiology, urology and modern psychophysics don't have a scientific experimental foundation.

"That's not to say it's not true or that it doesn't work. We have all these concepts that have an empirical basis that we buy into without even thinking about it," says Klaassen.

That's not to mention the entire Pagan and Wiccan communities in Saskatchewan, horoscopes in newspapers and occult sections in bookstores.

"There's really no evidence at all that the Enlightenment and modernization have brought about any decline in magic. (There's the conception) that we've shed the superstition. No, that's not exactly what happened."

The Enlightenment also saw the birth of Paganism, which Klaassen calls, "the West's most significant magic movement."

In the province, that movement is called the Congressionist and Wiccan Assembly of Saskatchewan (CWAAS). The Sage-Wild Temple is in Regina and the Sky River Temple is in Saskatoon.

Paganism opposes Christianity, talking about the failure of the institutional Christian church towards women and non-monogamies, and encouraging a positive understanding of these same things within Paganism.

Kean Wood, a clergy member with the Sage Wild Temple, says there wasn't a formal organization or public face for Wiccans in the province. She got involved in Wicca in 1998.

"When I found Wicca, it was very similar to what I already believed. It wasn't a conversion experience. A lot of people who find Wicca describe the experience as a sense of coming home."

She likes Wicca's emphasis on nature, mythology and celebrating the changing of the seasons. There's also room for different belief systems.

Continued on Page 6



Frank Klaassen has received a \$52,000 grant to study the evolution of magic and its effect on modernity. CLIPPHOTO BY MICHELLE ROSE



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Some people are into spells and brews and potions. What I do looks much more boring. I do a lot of journeying and working with spirits. — Erin Wood

In modern magic, practitioners use folk methods like herbs, energy healing or visualization to bring about positive change. Some work with spirits or elements of nature. Not all Wiccans are witches (and not all witches are Wiccans) but Wood is.

"Magic (to me) is a re-enchantment of the world — finding the magic in everyday things and seeing the world as being alive, even things we consider to be inanimate, as things that we can have a relationship with," she says.

Wood's personal practice looks a lot like meditation.

"Some people are into spells and herbs and potions. What I do looks much more boring. I do a lot of journeying and working with spirits."

She goes to a quiet place outside to commune with the environment and the spirits.

"One of the purposes of doing magic is to create change. I focus on creating internal change. How do I make myself a better person? How do I achieve my personal goals more successfully?"

She also does work in groups, raising healing energy through chanting or dancing — powerful energy.

"It often feels like a warm, fuzzy sensation. I've seen flicks of light dancing in the air as the energy is generated. Group energy is different than on your own. I think it's interesting for people to experience both."

In Saskatchewan, Ann Riddler-Tilson is part of the clergy for the Sky line or "circle."

"When so readily about reconnecting with the seasons and the Earth, and the cycles of life and death and rebirth. The Earth of the (May/June) temple ritual was in July and so forest and ring. It's not seasons and weather," she says.

Like Wood, Riddler-Tilson connects on a level with the earth. She considers to work with the body's chakra system. Her healing rituals help with physical ailments and meditations using specific crystals for each. People come to her for help, and her hand-flossing (an ancient massage technique).

Start help with heart conditions, some with cancer. I would never tell



Erin Wood is the spiritual leader for the Circle of the Sun and Moon Assembly of Saskatchewan and a clergy member for the Sage Wolf Temple in Regina. DO PHOTO BY NIKKI SCHROEDER

anyone here's a crystal, now you don't have to go on Western medicine. I use it to support. Sometimes it's just the comfort of it. Positive thought and affirmations can have unbelievable power."

Riddler-Tilson says it's rare that Wiccans stray from the teachings and try to manipulate the will of others. When it comes to horses — whatever you do will be visited back upon you three fold.

"A lot of the truth behind my faith is that I must not harm, which includes far myself," she says.

THE HISTORY OF MAGICAL MAGIC

One of Wood's interests is the roots of black magic, how magic was once begun to be celebrated in magic tests.

"They're at least profoundly antisocial, if not actually slugging (themselves) brutally with the devil," he says.

Germanic testament how to make a pact with the devil can also be found during this time period. Some describe how to get out of the past it's a ritual of magical magic.

A popular form of medieval magic is from a text called the Nefary Art. The text, which circulated at ancient times described a ritual that would have taken about two years to complete.

It was to gain complete knowledge of the arts and sciences, which

would be infused in you by magical intermediaries," explains Klausen.

"The knowledge was to be obtained through contemplative exercises, prayer, ritual, meditation and devotion. There are 30 surviving manuscripts of the pre-16th text, which is a large amount for any text from that period."

"So there were a lot of people practicing it and a lot of people interested in it."

I would never tell anyone 'here's a crystal, now you don't have to go on Western medicine.' I use it to support. Sometimes it's just the comfort of it. Positive thought and affirmations can have unbelievable power. —Ave Riddler-Tilton

Klaassen says Thomas Aquinas referred to the text, saying that if it wanted, it was the work of demons. It's also documented that people had great success with the text.

"The exercises they were engaging in probably did develop various aspects of mental acuity. They are studies that say regular meditation (more than an hour a week) will increase your grades in school."

"I do not think that single infused knowledge with knowledge," he adds.

"This is the type of magic that Klaassen has studied, writes about and taught throughout his career. Nine, he's in the middle of a three-year grant, and looking at how and why a shift toward the dark side happened."

"This is about not only where does modern magic come from, but also trying to understand modernity how we understand ourselves and how that came about."

MAGIC UNDERGROUND

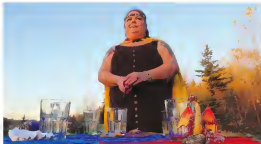
Imagine you're living in 1000 B.C. and you pick up a magic text. Typically, it will be medieval, stemming from a Catholic world — and therefore likely in Protestant England.

"Protestants would have rejected it as superstition, but has, and did (as) very readily," Klaassen says.

"If you're serious about magic, you have two options. You can preserve some of the Catholic gods such as exorcism, magic and healing or reject the Catholic miracle, which means you're not left with a lot."

"If you preserve the Catholic rituals, it's by definition antisocial. If you change it, you're not really creating something which has the same connection to the church that it used to. In both cases, magic pulled away from justifying itself in the religious status quo."

Continued on Page 8



Ave Riddler-Tilton, a clergy member for the Sky River Temple, hosts outdoor Minot rituals in Garden of Eden Park in Saskatoon. (COURTESY GORD HALLIDAY)

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Magic (to me) is a re-enchantment of the world — finding the magic in everyday things and seeing the world as being alive... — Wood



Enn Wood's crystal ball similar to meditating on wraithen or wisdom or wisdom.

Ric is that true magic changed. It became something that separated practitioners, as a rebellious way for the period.

Another dramatic example of magic's change in modern era magic, what Klammer calls, "cray stuff."

In medieval magic, sex was forbidden. "Sex is something that actually serves up your magic power."

In the 16th century, there was a fundamental transformation.

"People are saying when you're having sex, that's the most powerful magical moment to become experience. That's the time when you can actually transform the world around you — the moment of orgasm — because you've got all this incredible spiritual energy with you. If you can direct that energy, something can make something happen in the world."

Thanks to magic's portrayal in popular culture today it's still associated with the taboos and



The Cosmoopolitan Learning Centre wishes to express appreciation to the Cosmoopolitan Clubs for their ongoing support. The Clubs have supported the Cosmoopolitan Learning Centre since its inception in 1987. The Cosmoopolitan Learning Centre was once again a recipient of fundraising efforts from the Regina Capital Cosmoopolitan QPA Cosmo 2014 event as well as the Regina Cosmoopolitan Club Charity Fair and Auction 2014. The Regina Cosmoopolitan Club recently raised funds that will be used to enhance the music therapy program at the Centre and also partners with the Regina Club in hosting the Charity Fair and Auction event. On behalf of the Board of Directors, Program Participants and Employees of the Cosmoopolitan Learning Centre, thank you to all of the Cosmoopolitan Club Members and the community members who supported these events! Your support of the Cosmoopolitan Learning Centre truly enriches the lives of the men and women attending the Organization!



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People are afraid to tell people about their religion and use words like 'witch' or 'Wiccan' because they're afraid there'll be some backlash against them. — Wood

A dramatic example is the 19th-century satirical images connected with Henry Melville's *Holding up the Index Finger and pin by a Satanic gesture*. It was popularized by the band Black Sabbath which created a mystique around rebellious black masses and Satanism.

During the witchcraft trials in 16th-century England, no one was actually practicing black magic.

"That just did not happen. There were no devils, there were no covert covens running around in the hills of Europe. They were just peasant people going straight up to accusing each other of witchcraft," says Klassen.

"The notion of killing babies and making slaves with their fat and of selling your soul to the devil — these are all part of that mythology which the Christian church attached to bad magic."

Then with England's new religion and changes in the magic literature scattered accounts of diabolical magic surfaced.

"So these magic practitioners for the first time, really, lost it and got 'tied. That's what we're like. We're actually kind of like that. It's almost like the Gory Golem story. This is where it begins, in the 16th century."

STILL UNDER COVER

Modern pagans and stereotypes abound about modern Pagans and Wiccans.

"There are people that come to our festival that still tell family and friends that they're going camping for the weekend because there's that 'satanic' thing and ignorance about what being Pagan really is," Robbin-Tilley says of the Torii Torii Pagan Summer Festival at Annerly Springs Retreat near Sedona.

She's often asked if she can do love spells like wicca because it's manipulating free will. She hesitates to explain another, less favorable impression.

"It's that if I can do things to make people suffer it's back from the burning times — the belief that if you were sick, it was because of the witch. It disappointed me when I first heard male witches," she says with a laugh. "We also received male appendages of lovers that brought us."

Wood agrees, saying people often associate witch with demons or dark powers. If it comes up in conversation, she'll share that she's a witch but she doesn't make a point of it. She says other Pagans and witches are concerned about prejudices and stereotypes.

"People are afraid to tell people about their religion and use words like 'witch' or 'Wiccan' because they're afraid there'll be



Joan Klassen looks at one of her favorite books on magic. © PHOTO BY MICHELLE LEE

some backlash against them."

MAGIC GOLD?

One of Klassen's findings is that people and spells to conjure demons who would then presumably help with treasure hunts.

"We've seen the huge boards of *Anglo Sax* on gold dug up in England — lots of gold. Doing this with the aid of spirits was one of the methods."

People with one of these texts would use it to construct a *Satanic* they had a special way to find the gold. But what about that disturbing 19th-century text on the *British Museum*? Did people really cast the spells on it?

"Oh, I hope not," Klassen says. "That one's really gross."

Twitter: @theandrewharris
Facebook: theandrewharris

TERMINOLOGY

PAGAN

• Initially, covers many different religions, like Wicca, Hellenic, Germanic, Shintoism, Druidy

WICCA

• Relatively new religion, not secret or hidden

• Primary thought — no better way to do some thing as long as it helps collect to one heart and you're not causing harm

• Hermeticism — not even known

• Not a lot of not been experienced

• People build your belief based on the experience you have rather than on what someone tells you

• No control authority

CWAS PUBLIC EVENTS

CWAS (Congressional and Wiccan Assembly of San Francisco) is a charitable, non-profit that provides public Wiccan religious rituals. The events are earth based, and hold on solar holidays, like the solstices and equinoxes.

SAME WIND TEMPLE — REDIVA

Nov. 7, 7 p.m. in the basement of the University Centre at 2970 College Ave.

The "San Francisco" ritual is a memorial ritual to honor victims of the 1989 Loma Prieta earthquake. Everyone takes some time to say a few words about someone who has passed away.

RIVERBY TEMPLE — SAKATOP

Nov. 9, 8 p.m. at the University Centre at 2970 College Ave.

A "Remember Our Sisters" ritual will be held to honour ancestors, the bones of the earth and the lifeless "lost" women of the earth.

IN THE CITY

OCTOBER 25, 2014 — 1:35 P.M.

The costume parade



Shawna MacDougall, Brooklyn Lutz, and Amy MacDougall (from left) walk in a children's parade at Monsters, Mixels & Mousers held at the RCMP Heritage Centre in Regina on Oct. 25. GC PHOTO BY ANDREW BELL.

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SPACES

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SASKATCHEWAN'S BEST SPACES

SCYAP staff show spooky sides

By Sean Tremblath

WHERE? Saskatoon Community Youth Arts Programming (SCYAP) Gallery 253 3rd Avenue South

WHO? Tammy Kruicki, SCYAP's projects manager, and the rest of the gallery's staff

WHEN? Free until Nov. 4

WHY? SCYAP's Spooky Staff Art Show is giving the gallery's staff who usually spend their time teaching youth a chance to show off their own talents.

Seven artists are displaying Halloween-themed pieces in a variety of forms.

"I think the whole Halloween thing is kind of crazy now. People really get into it," Kruicki says.

There are photographs with spectral figures made of unusual materials, drawings, a quilted assemblage piece with a blood dripping sword. A large painting shows a sinister woman working on a small, scary doll surrounded by lots of what might be voices.

Kruicki herself has a series of three-dimensional pieces that have scary figures — a ground-down a ghost, faced later and more — coming out of picture frames toward the viewer.

"We did a lot of donated items here, so I thought 'What if I can make things that are scaring out, so the figures look like widdows?'" she knew she was on the right track when her daughter was freaked out by the robot-doll pieces as they were laid around her house.

WHY? SCYAP is a non-profit, open since 2001, dedicated to providing artistic opportunities.

"We really want to make art accessible to everyone. We've focused, but not exclusively on young people who might not have the opportunity to have arts training or a place to come and do art or the ability to access the kind of materials we have."

Kruicki, the staff, are all teachers, but once in a while they get to show off their own stuff.

"We haven't had a staff show in two years, so we thought 'we've got to make it happen,'" Kruicki says.

The specific occasion for a Halloween show came about 16 months ago, when one of the classes was working to make paper mache monsters. Knowing the space needs to be booked over a year in advance, Kruicki and a co-worker came up with the Halloween idea.

"We just thought it would be a really good time to have pieces that would reflect the season."

Since the works have gone up, they've brought their classes in to check it out.

"A lot of them that are making their own Halloween masks are really inspired by the stuff we have up."

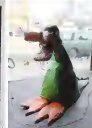


Illustration by the author
Photo by the author

QC PHOTOS BY MICHELLE BERG

The cover features a large background image of a chocolate fountain with a strawberry being dipped into it. At the top, the word 'taste' is written in a white script font inside two overlapping red squares, with 'Regina' in a smaller sans-serif font below it. Below this, the words 'DINING GUIDE' are written in a large, white, sans-serif font. On the left side, there is a white text box with a red border containing the text 'Your guide to the best Regina has to offer in restaurants, cafes, bars, clubs and more.' At the bottom, there is a collage of four images: three plates of food (fried items, a salad, and a dish with corn) and a group photo of five chefs in white uniforms. A red banner at the very bottom contains the Caraway Grill logo and address information.

taste

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How to impress when hosting a business dinner

(MNS)—Hosting a business dinner is both an honour and a responsibility. Employers typically extend only their most valued employees with the responsibility of hosting a business dinner, and such opportunities are not to be taken lightly.

The desire to impress is there whether you're hosting your first or 50th business dinner, but those with experience hosting realize, as potential clients learn that no two business dinners are ever the same — what works for one client won't necessarily impress another, and the responsibility of impressing the clients falls on the host.

Know your client

Clients tend to have vastly different needs and personalities, so while the ambience of one restaurant might appeal to some clients, that same atmosphere might not be impressive to others.

When choosing a restaurant, consider its setting and how well that matches up with the client you will be taking out to dinner. Some clients may prefer to make deals in more laid-back settings, while others may prefer the five-star treatment. Taking the latter to an all-you-can-eat buffet will hurt your chances of making a deal, while the

former may take your willingness to spend lavishly on a meal at a five-star restaurant as an indicator that your company spends lavishly and ultimately passes such spending on to clients. Understanding your clients' personality should help you choose a restaurant they're likely to impress.

Don't go in blind

Unless a client requests a specific restaurant, try to choose an establishment you have visited in the past. This is beneficial in a variety of ways. When visiting a restaurant you frequent, you're in position to make recommendations with regard to the menu, and that insight can increase the chances that your client will enjoy his or her meal.

When choosing a restaurant you're familiar with, you're also choosing one where you know the service is exceptional. If it wasn't, you would not keep going back. No one wants a business dinner to be overshadowed by poor service, which, fairly or unfairly, will reflect negatively on you.

Avoid restaurants with gimmicks

Restaurants with gimmicks, such as those where the staff sings to customers

celebrating a birthday, might be fun to visit with friends or family members, but such establishments are best avoided when hosting business dinners. Gimmicks can interrupt a meal and make it difficult to make any headway on a business deal, so stick to restaurants where you won't be interrupted by celebratory staff members or derailed out by live music.

Don't get show up

Nothing is more newsworthy or impressive than taking a client to dinner and being forced to wait for a table. If you can't get a reservation at your preferred restaurant, then choose another establishment.

Avoid exotic restaurants

Unless your client requests a particular type of cuisine, avoid exotic restaurants with relatively limited menus. Clients may have certain food allergies or aversions to particular types of food, so opt for a neutral restaurant with a menu that appeals to clients of various palates. If taking a client out for the second time and you remember the client mentioning a love of a particular cuisine, the second dinner is a great time

to indulge the client's love of that unique or exotic cuisine, especially if it's just the two of you.

Don't overindulge

Overindulging, whether it's eating too much or enjoying one too many glasses of wine, won't impress the client. Resist the temptation to order the biggest steak on the menu and, if you choose to enjoy a cocktail, drink it slowly. A full stomach may make you drowsy and less attentive to your client, while a client will undoubtedly lay waste to your judgment if you appear to be overindulging in alcohol.

Hosting a business dinner is a significant responsibility and is to be taken lightly. But hosts can employ a few simple strategies to calm their nerves and make sure the night goes smoothly.

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offers a relaxed and peaceful environment where you can enjoy the company of your guests and a consistently delicious meal. Steak is the specialty at the Diplomat Steakhouse, but the chef is also known for serving up favourites like whole Dover Sole, Bison Tenderloin and their World Famous Rack of Lamb. Dinners may also choose to order one of the selections that can be prepared tableside, a popular example of which is the Steak Diane.

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17 Lee's Special Fried Rice	6.50
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48 Shred B B Q Pork	7.95
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57 Diced Almond Chicken	4.95
58 Chicken with Broccoli	4.95
59 Chicken with Pea Pods	4.95
60 Chicken with Curry Sauce	4.95
61 Chicken with Black Bean Garlic Sauce	4.95
62 Chicken with Oyster Sauce	4.95

EGG FOO YOUNG

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64 Chicken Egg Foo Young	7.95
65 B B Q Pork Egg Foo Young	7.95
66 Mushroom Egg Foo Young	7.95
67 Shrimp Egg Foo Young	8.95
68 Lee's Special Egg Foo Young	8.95
69 Beef with Broccoli	4.95
70 Beef with Pea Pods	4.95
71 Beef with Green	4.95

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108

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C Egg Roll, Chicken Fried Rice, Sweet & Sour Spare Ribs, 4 Shrimp & Chicken 10	\$10.95

109

Dinner For Two

2 Egg Rolls, Sweet & Sour Spare Ribs, Chicken Fried Rice, Chicken Chop Suey & Seasoned Rice	\$19.95
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110

Dinner For Three

3 Egg Rolls, Sweet & Sour Spare Ribs, Chicken Fried Rice, Chicken Chop Suey & Seasoned Rice	\$29.95
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111

Dinner For Four

4 Egg Rolls, Sweet & Sour Spare Ribs, Chicken Chop Suey & Seasoned Rice	\$39.95
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112

Dinner For Five

5 Egg Rolls, Sweet & Sour Spare Ribs, Chicken Chop Suey & Seasoned Rice	\$49.95
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113

Dinner For Six

6 Egg Rolls, Deep Fried Shrimp & Sweet & Sour Spare Ribs, Chicken Chop Suey & Seasoned Rice, Chicken Chop Suey & Seasoned Rice	\$59.95
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114

Dinner For Eight

8 Egg Rolls, Deep Fried Shrimp & Sweet & Sour Spare Ribs, Chicken Chop Suey & Seasoned Rice, Chicken Chop Suey & Seasoned Rice, Chicken Chop Suey & Seasoned Rice	\$79.95
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Sprout Brings New Flavours to Regina

Sprout Catering is quickly becoming a recognized name throughout the Regina community. Owned and operated by two sisters who always dreamed of owning a business together, Sprout hit the ground running in May 2010. Behind it all, Jael Blackmore is the chef and Haley Blackmore does the books. Together, they opened up shop at 3251 Saskatchewan Drive, which is the home of their kitchen and private party room. In their short business life, the sisters are already changing the Regina food scene. Their accolades so far are only a small glimpse into what is cooking in their kitchen. They were the winners of the Saskatchewan Mustard Festival in August, 2010,

and Jael competed in Gold Medal Plates in November, 2010.

At their storefront, you can pay by to purchase all kinds of homemade jams/mustards/preserves, or stop by for lunch Tuesday - Friday to order off the menu. Specialties include Waffle Sandwich - Roast Chicken, Proscuitto, Cranberry Mustard and Goat Cheese or Vegetarian Yamacelli Bowl with Broccoli, Cabbage, Carrots and Blackmore's as a Spicy Peanut Sauce. They keep busy during the week with deliveries for corporate catering and in the evenings and weekends catering special events. "We are already almost fully booked for Holiday Parties in December

but still available for New Year Eve if anyone is interested!" prides owner, Haley Blackmore. Past events include everything from 400 person weddings to themed bachelorette parties.

"Sprout's success relies heavily on its commitment to providing exceptional food and service to every one of their customers" says chef Jael. They consistently use quality products to produce beautiful, healthy and outstanding foods. As members of the Regina Farmers' Market, they have access to a great array of local product and try to use that as much as possible. Absolutely everything is made from scratch, from the



Haley & Jael Blackmore

aromatic rosemary mayo to the herb focaccia that most of their sandwiches come on.

Sprout also hosts different events throughout the year like cooking lessons or pop up restaurants! Keep an eye on their website for upcoming events.

You can find the girls online at www.sproutcatering.ca, as well as Instagram, Facebook, and Twitter.

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Antipasto Slivers

Sprout Catering Cupcakes

Eat healthy while feeding your inner foodie

By Mike Shiplick

For L-P Specialty Products

Canadian households spend one-quarter of their annual food dollars in restaurants. That means they only prepare three-quarters of their food at home. Most of the time, it's easy to give healthy meals a home, but it's difficult not to break the rules when dining out at your favourite restaurant. Good news—eating well is still on every menu in Regina. You just have to know where to look and how to ask.

"No amount of exercise will offset a bad diet," cautions Oley Iken, fitness director of Regina-based Debra Lifestyle Group and certified CoReFit life nutrition consultant. "Planning is essential. Even if you're going out for a family dinner, you can still eat your greens before going out. You don't always have to order the salad; just balance your food plate by day. This includes eating smaller portions throughout the day if you have supper well at a bad meal."

Although it hasn't been picked up in Saskatchewan, the Province of British Columbia released the InformED dining program in 2011, and its popularity is growing. Over 10,000 restaurants across Canada support the initiative to offer nutritional information on all long-term (60 days or more) menu items. This includes both calorie and sodium counts.

According to Health Canada, adults 19 to 50 years old require 2,500 to 3,300 calories

daily per day, and it recommends 3,500 mg of sodium with as more than 3,300 mg. For teenagers 14 to 18 years of age, the number of calories increases from 2,300 to 2,800 kcal, but sodium intake remains the same. This means there is some merit to allowing a second helping, or even dessert, for those eating moderately — as long as they know how many calories they need to learn.

"Restaurants aren't there to make you healthy. They want you to enjoy yourself and eat as much as you want. Even if you order these chicken fingers and realize that you put you into a food coma, you can't do much better decisions next time. Instead of seeing no to eating out and enjoying yourself at restaurants, just understand the consequences behind it, and how it affects the big picture of your nutrition plan. There's no carb window to weight loss. It's all about making better choices to follow your fitness goals," said Iken.

When it comes to sticking to a healthy diet, it's not only the meat, vegetables, oil and carbs are the most important. According to Health Canada's Canadian Nutrient File (CNF), five ounces (150mL) of red wine has an average of 127 kcal, the same amount of white has 123 kcal. The calorie counts for beer and light beer are significantly different, with a regular bottle (340mL) containing 147 kcal, as opposed to only 99 kcal for light beer. Still, the average ounce of hard alcohol



(40 per cent) only has 100 kcal, so you avoid to making your split with wine as opposed to pop — which can drastically affect the calorie count.

Healthy tips for eating out:

- **Try something new.** Venture outside the box by ordering something healthy that you've never had before.
- **No supersizing.** Regular-sized portions only.
- **Show it.** Split the entree and order two sides, or start with an appetizer and share dessert.
- **Avoid dessert.** Drink a glass of water with lemon or eat a piece of fruit 30

- minutes before ordering.
- **Read the menu.** High-calorie and sodium words include crispy, breaded, pan-fried, Alfredo and gratin.
- **Work the side angle.** Skip the fries and double up on vegetables, and a happy order dressing on the side.
- **Place time!** Order extra veggies, and skip the extra bread and cheese.
- **Stick to water.** Go with soda water, tea, milk or small glasses of 100 per cent juice.
- **Nothing but the whole grain.** Always say yes to the whole grain option.

Planning pointers for a fun night out on the town

(MNN) — Planning a night out on the town with family and friends can be a fun experience, but hosts must consider the needs of all who plan to attend before making any final decisions. The following are a few key items that can ensure everyone enjoys a night to remember for all the right reasons.

- **Choose a central location.** Whether you're getting together for a sit-down dinner or just drinks, choose a location that's easily accessible for everyone on the guest list. Doing so increases the likelihood that guests will attend.
- **Consider the needs of every guest.** If the group includes a guest with a physical disability, choose a spot that's wheelchair-accessible and has wheelchair-accessible restrooms. Another thing to consider is each guest's lifestyle choices. If any guest does not consume alcohol, then aim for an evening that involves more than just hopping from bar to bar. If there's a sobriety or religion in the group, make sure the menu includes dishes suitable for them.

• Consider Reservations

Consider reservations when looking for a restaurant, paying particular attention to the average wait of an entire sit-down restaurant you're considering.

• Select Ideas

Ask guests what they want to do, and remember that no idea is too outlandish. If you decide to combine the night on a particular activity, make sure it's something everyone on the guest list can participate in.

• Be specific when sharing information about the night.

Give an address for each place you plan to visit on the night out. Change your cell phone right before you head out so it doesn't die should anyone call and ask for last-minute directions or instructions.

Planning a night out on the town is a fun responsibility, but also one that requires careful consideration of a host of factors.

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At Casino Regina it's all about experience

—one that extends beyond the roulette tables and on to the dining tables

With three dining spots, there's no lack of options for every type of guest. Each spot offers a unique dining experience, with a menu tailored to the occasion.

For a quick snack, the Whistle Stop Café is the perfect stop, offering coffee, fresh baking and daily soup and sandwich specials.

Guests who want a bite and a beverage, especially before or after a show in the Show Lounge, can often be found making their way to the Cit Express. Located in the West Wing of the Casino, this stop offers favourites like hamburgers and chicken fingers and fries.

On Sundays people flock to the Show Lounge for one of the city's most popular brunches. Complete with an omelette station, breakfast staples and the option of heavier entrees, the brunch is a great option for entertaining guests or a date with friends.

Located in the East Wing of Casino Regina, The Last Spike Restaurant offers full breakfast, lunch and dinner menus filled with homemade flavours developed by Executive Chef and culinary master, Ilyon Katchuk.

The homemade, from-scratch approach has led to a menu full of familiar comfort food options. But, comfort food isn't only about nostalgia or a memory of days gone by, technique is key in creating these sentimental favourites.

Katchuk explains that comfort food is all about depth of flavour. To build that depth, the team of 16 fied Sled Chefs develop layers and build upon the flavours of individual ingredients before pulling the recipe into the medley that ends up on the plate. Using techniques like stewing, braising and roasting of the freshest ingredients, the Chefs at the Casino Regina are taking people back to their best food memories.

For food lovers there's a lot to experience at Casino Regina. Gaming and fun is the icing on the cake after a hearty and delicious meal.



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FUN

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ON THE SCENE

MACKENZIE GALA

The art of fundraising was front and centre at the annual Mackenzie Gala on Oct. 24.

The signature fundraiser for the province's largest public art gallery raised \$50,000 to support the MacKenzie Art Gallery's diverse campaigns and engaging educational programs.

"That's fantastic," Pam Klein, chair of the event's organizing committee, said Monday morning when the total raised was revealed.

The gala featured a raffle, prizes, a silent auction and a live art auction featuring donated works by 14 Canadian artists, including Menoche Armstrong, Barry Wilcox, Terry Osburn, Sheila Herman, Jason Roberts, Frances Werry, Brandon Seibert, Angela Morgan, Wei Lee, Sarah Abbott, Dana Clouston, Marie Lortie, Darlene Hay and Alison Nelson.

The main floor lobby of the TC Douglas building, which can accommodate upwards of 400 people, was vibrantly lit and featured a fabric installation to transform it into an eye-catching event space.

QC PHOTOS BY BRYAN SCHLOSSER



ON THE SCENE

1. Stuart Meach
and Verna
Timmons

4. Reb and Paula
Dupuis

5. Anthony
Kerell and Jackie
Lindenberg

6. Stephen King
and Cass Boudry

7. Pam Klen and
Laurie Neman

8. Bernadette and
Lori McIntyre

9. Two guests at
the MacKenzie
Dale

6. Lindsey
Doroshuk, Laurie
Neman, Amber
Wise and
Candee Frank

8. Lyn Goldman
and John Davies

10. John Hedges
and Tanya Baker



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• Wheel Alignment

• Tire Pressure Check

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• Tire Pressure Check

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• Wash & Wax

• Oil Change

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• Wash & Wax

• Oil Change

• Air Filter Change

• Cabin Air Filter Change

• Brake Inspection

• Wheel Alignment

• Tire Pressure Check

• Fluid Top Off

• Wash & Wax

• Oil Change

• Air Filter Change

• Cabin Air Filter Change

• Brake Inspection

• Wheel Alignment

• Tire Pressure Check

• Fluid Top Off

• Wash & Wax

• Oil Change

• Air Filter Change

• Cabin Air Filter Change

• Brake Inspection

• Wheel Alignment

• Tire Pressure Check

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• Air Filter Change

• Cabin Air Filter Change

• Brake Inspection

• Wheel Alignment

• Tire Pressure Check

• Fluid Top Off

• Wash & Wax

• Oil Change

• Air Filter Change

EVENTS

MUSIC

Wednesday, Oct. 26

Wednesday Night Polka
Rustin Ragazzi
Bushmaner, 2205 Dewdney

Wapleack Wednesday
with Leather Coks
McKinn's, 2226 Dewdney Ave.

Danien Robitaille, Sarah Harvey
8 p.m. Bitch/Carrefour des Plumes, 3650 Hillside St.

Of Temples, Obliteration, Les Vieilles, Between Now and Then
The Exchange, 2431 Eighth Ave.

Thursday, Oct. 27

Pop Vixen
The Pump, 641 Victoria Ave E.

Leather Coks, Wonderland
McKinn's, 2226 Dewdney Ave.

Friday, Oct. 31

The Tiked Kicks
Bushmaner, 2205 Dewdney

Queen City Night
Featuring: Whitey Adams, Spiffs, Good Girls
The Exchange, 2431 Eighth Ave.

Maetrix
Artful Dodger, 1631 7th Ave.

Wonderland
McKinn's, 2226 Dewdney Ave.

Pop Vixen
The Pump, 641 Victoria Ave E.

Kid Phlores
JQR, 1470 Terence St.

Joy and the Americans
8 p.m.
Caféine Regine Show Lounge, 6660 Saskatchewan St.

Seeger
Wesley tribute band from



Jason Pugh's *Power and Not A Real Halloween Spookshow on Friday* (Oct. 26) at the Museum of Art.

Sebastian Oswald, 1947 South St.

Akaze
Broadway's Lounge/Western Place, 1307 Broadway Ave.

Saturday, Nov. 1

Open Acoustic
3:30-8 p.m.
Broadway's Lounge/Western Place, 1307 Broadway Ave.

Kate Roy
The Lancaster
4525 Gordon Rd.

Pop Vixen
The Pump, 641 Victoria Ave E.

Helliers
The Mercury, 2336 13th Ave.

Pandemon
Artful Dodger, 1631 7th Ave.

Wonderland
McKinn's, 2226 Dewdney Ave.

I Hear a Symphony: Mowtown's Greatest Hits
Regina Symphony Orchestra
Shumacher Place
8 p.m. Concert Artists Centre,

260 Lakeshore Dr.

The Headlines
Agriculture Building, 1st Ave.
Place

Sunday, Nov. 2

Sarah McLachlan
7:30 p.m.
Genesis Arts Centre,
260 Lakeshore Dr.

Arch Enemy, Kylesa, Hentzen
Uaff 10000 Centre

Monday, Nov. 3

Monday Night Jazz & Blues
Uaff 10000 Centre
Bushmaner, 2205 Dewdney

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Spirit
Centre, 2018 Dean St. Call
Mike, 308-590-3591.

Tuesday, Nov. 4

The Sadies, Kory and Clayton
The Exchange,
2431 Eighth Ave.

What you need to know to plan your week.
Send listings to QC@leaderpost.com

From What I Remember
Artist: Awan de Huan,
Keri Reid and Kara Voel-
men infuse their art with poetic
and speculative meaning via
material transformation, re-
applications, assemblages,
replications, and texts that mimic sci-
entific processes.

Until Nov. 12 Danip Art
Gallery — Central Branch,
2311-12th Ave.

**Sharon Chisholmen: Under-
covered Flowers**
Until Nov. 30 University Club,
2nd floor Gallery West, Uni-
versity of Regina

**Adrian Stinson: The Im-
mortal Buffalo Boy**
Adrian Stinson is a first
 Nations artist whose mu-
ltimedial work incorporates
themes of history, gender,
and identity.
Until Nov. 20 Art Gallery of
Regina, Neil Bellwell Civic
Centre, 2420 8th Ave.
East

**Joanne Hebert: the border
after life**
Hebert fuses everyday
objects with fabricated new
materials to reflect their
functionality and their so-
cieties, creating an evocative
mixture of the familiar and
the grotesque.
Until Nov. 26 Danip Art
Gallery — Sherman Village
Square, 6121 Rockdale Blvd.

210.5 Seconds
A surprising and important
collection of photographs on
canvas studios light, colour
and movement. Features 12
Saskatchewan artists.
Until Nov. 30 T&E Contem-
porary Art Gallery, 1620 11th Ave.

Wif/Perseus in the Alps?
Bernie B. B. B.
A major retrospective of
celebrated Saskatchewan
painter Wif Perseus. Best
known for a single subject —
the everyday back alley.
Until Jan. 4 Montclair Art

Gallery, 3470 Albert St.

**Gailie Muller: An Index of
Saskatchewan Farms and
Other Connections**
Museum Muller will use
her interests in memory,
history, ephemera, and other
curatorial to guide her curate-
tion and presentation of the
important cultural holdings
of the Dundas and Kins-
men.
Until Jan. 15 in situ — Central
Library, 2371 12th Ave. AND
Royal Saskatchewan Mu-
seum, 2445 Albert St.

**Troy Coulterman: Digital
Headbush**
Exhibition examines our
university relationship to tech-
nology, and imagines ways it
— and we — might adapt. The
first major solo exhibition by
Regina-based sculptor
Coulterman.
Until Jan. 25 MacKenzie Art
Gallery, 3475 Albert St.

**Contemporary Canadiane
The Artists of Scott Nichol-
son Fine Arts**
Features works of art that portray
the essence of contemporary
Canadian fine art.
Oct. 31-Jan. 31 Regina Centre
Coasting, 1031 Albert St.

**Contemporary Canadiane
The Artists of Scott Nichol-
son Fine Arts**
Nov. 4-Jan. 18 Government
House, 4607 Dewdney Ave.

Artists Gallery
2260 Dundas St.
**Open Tuesday to Friday, 10
a.m.-5:30 p.m., Saturday 10
a.m.-6 p.m.**

Neutral Ground
#223-1536 Scars St.
**Open Tuesday to Saturday, 10
a.m.-5 p.m.**

Oakland Art and Fine Arts
Oil and ink paintings by
Chinese artists Linjie Jiang
and Huiyi Tian
2332 Smith St. Open Monday
to Saturday, 10 a.m.-5 p.m.

EVENTS

COMEDY

The Laugh Shop
Live standup every Saturday
night, 8:00 p.m.
Riverside Hotel,
1538 Victoria Ave.

PERFORMANCE

The Rocky Horror Show
Oct. 28-30, 8 p.m.
University Theatre,
U of R St. George's Centre

The Muted Notes
Scott Thomson and
Suzanna Head present a suite
of songs and dances based
on poems by P.K. Page.
Improvational dance and
music. Presented by Hal-
phen Audio Arts, New Dance
Horizons and Saskatchewan
Writers Guild.
Oct. 30, 8 p.m.
The Artisan, 2627 132nd Ave.

Red Hot Rite!
Halloween Spooktacular
Featuring Western Blues, Gar-
ret Mulholland, Lucy Hill, Colby
Richardson, Tess DeGroot, Ben
Cherny, Credence
McLarsen, Jan Nieher, and
music by all of Blues Blues
Band. Hosted by Joplin
Pfeiffer.
Oct. 31, 8 p.m.
The Artisan, 2627 132nd Ave.

Mary's Wedding
Presented by Golden Apple
Theatre. Nov. 4-15, 8 p.m.
The Artisan, 2627 132nd Ave.

DANCING

Salsa dancing
Oct. 28, 8:30-10:30 p.m.
Cathedral Freshwater,
2602 Albert St.

Smoker Swing Dance Party
Oct. 30, 8:30 p.m.-10:30 p.m.
Explos Club Hall,
1600 Halifax St.

Fan Dancing
Learn to swing dance, round
dance or ball. First two nights



Colborne Hollowell with the Spools as they play *Queen City Right Right* at the Exchange on Friday in 40th Courtyards in Saskatoon.

Free Oct. 30,
6-7:30 p.m.
St. James Anglican Church,
10 St. James St.
Latin Dance Party
Every Sunday
Melinda's, 2230 Denison Ave.
Traditional Celtic Jigs
Free lessons. Pre-registration
is recommended.
304-529-1363
Monday, 6:30-7:30 p.m.
Newcombe Horizons,
2207 Hurvey St.

Latin Lounge
First Monday of the month
Hosted by Cubanista Dance
Nov. 3, 8-10:30 p.m.
Artful Deluge, 3038 31st Ave.

Operation Swing
Weekly lessons and dance
club. 366-58-8888 for more
info.
Nov. 4, 7-10 p.m.
Explos Club Hall,
1600 Halifax St.

SPORTS

Regina Pats vs. Saskatchewan
Oct. 31, 7 p.m.

Imaad Centre, 6166 Place

Men's hockey
U of R Captains vs. UBC
Oct. 31, 7 p.m.-Cooperators
Centre, Event Place

U of R Blues vs. Alberta
Nov. 1, 7 p.m. Mosaic Stadium

Regina Pats vs.
Swift Current
Oct. 30, 6-7:30 p.m.
Brendt Centre, Event Place

Men's hockey
U of R Captains vs. UBC
Nov. 1, 7 p.m. Cooperators
Centre, Event Place

FOR FAMILIES

Stained and Stained
Wednesday, 10 p.m.
Cineplex Odeon Southland
Hall, 3025 Gordon St.

Bake A Difference
Combined fundraising through
baking, spread kindness with
a cookie.
Wednesday, 5-7 p.m.
Sweet Ambrosia Bookshop,
230 Winnipeg St. N

Drop-in crafts and gun
Fire event for youth aged
5-18. Thursday, 4-6 p.m.
Saskatoon Community Centre,
615 8th Ave.

Bump in the night
Colborne Hollowell like the
Victoriae. Fun family Hal-
loween party for all ages. Enjoy
magic shows, solve a mystery,
build a mask and more.
Oct. 30, 6-7:30 p.m.
Government House,
4501 Denison Ave.

Drop-In Indoor Playground
9-11:30 a.m.
South Leisure Centre,
180 Sunset St.

Ham and Hot Bread Meet-
ings
Hosted by Kate Murray,
306-316-2511.
Friday, 10-12:30 a.m. Early
Learning Family Centre, South
College, 2250 7th Ave.

Build and Grow Clinic
Build a special feature project.
For children ages 5 and up.
Saturdays, 4-6 p.m.
Lewins, 4355 Denison Rd.

Michael's Kids Club
Saturday, 10 a.m.-noon
2010 Prince of Wales Dr.
Family Favorites Film
Enjoy a favorite film for just
53-59.
Saturday, 11 a.m. Galaxy Cin-
emas, 420 McCarthy Blvd. N

Family activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Cen-
tre, 2903 Powerhouse Dr.

Family Studio Sundays
Sunday, 2-4 p.m.
MacKenzie Art Gallery,
3470 Albert St.

Parent and Preschooler
Jungle Gym
Monday, 9:30-11 a.m.
All Ritchie Family Wellness
Centres, 443 16th Ave.

VPR Programs
Pete-A-Gon, by You! Some
animals really love the cold,
especially the animals from
the ice age! Let's see how
they compare to the animals
we have today! For very
preschooler preschoolers:
Each one-hour program
consists of crafts, games, fun
activities, and a make-your-
own snack that your little one
will love! Spaces are limited;
you register at (306) 787-
1211. \$10 per family.
Nov. 3, 10:30-12:30 p.m.
Royal Saskatchewan Mu-
seum, 2443 Albert St.

Science Time for Kids
Interactive workshop aimed
at early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Cen-
tre, 2903 Powerhouse Dr.

Dream in the dark
Free event for youth aged
5-18. Tuesday, 4-6 p.m.
Saskatoon Community Centre,
615 8th Ave.

Home's Morning Out
3226 Avenhurst Dr., wel-
ter@grasdale.net

Mothers of Pre-Schoolers
(MOPS)
Rosewood Park Alliance
Church, maps@rosewood-
park.ca

Regina Newcomers Club
reginaneewcomersclub@
gmail.com

Time Out For Parents
At Ritchie Family Wellness
Centres, 2230 University St.,
306-525-6969. rfw@rit-
chie.net

Y's Home Group
Vitala, 2450 19th Ave.,
305-753-9622

YWCA Regina
1940 McIntosh St.,
306-525-2361

MUSEUMS

Alan Young School Museum
1803 Fourth Ave.
Tours by appointment only
(306-523-3000)

Civic Museum of Regina
1375 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-5 p.m. Closed
Sunday and Monday

Government House Museum
A Heritage Property
4501 Denison Ave.
Tuesday to Sunday,
9 a.m.-4 p.m.

RCMP Heritage Centre
5807 Denison Ave.
Open 11 a.m.-5 p.m. daily

Regina Heritage Museums
1203 Ross Ave.
Tour by appointment
(306-777-7774)

Regina Floral Conservatory
1450B-4th Ave.
Open daily, 1-6:30 p.m.

**Royal Saskatchewan Mu-
seum**
3445 Albert St.
Open 10 a.m.-5 p.m. daily

EVENTS



Rosary's Baby — it's a classic Catch 22 Wednesday night after Dark at the Royal Saskatchewan Museum.

Saskatchewan Military Museum
1000 Elphinstone St.
Open Monday and Thursday
7-9 a.m., or by appointment
(306-347-5349)

Saskatchewan Science Centre
2003 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and
holidays, noon-6 p.m.
Closed Mondays

Saskatchewan Sports Hall of Fame
2205 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m.
Closed weekends

SPECIAL EVENTS

Woods Cree Stories story-telling and book launch

Solomon Ratt, Woods Cree speaker and educator, reads from his book of self-infused tales. Share in keeping a vestige of the Cree language alive and seeing it flourish.
Oct. 26 noon
First Nations University Veterans Memorial Hall

RCMP Sergeant Major's Parade
Wednesday, 17:45 p.m.
RCMP Depot Division,
5500 11th Ave.

Regina Farmers' Market on campus
Every Thursday, 10 a.m.-2 p.m.
U of R Research and Innovation Centre Atrium

Indie at the Grosvenor: The meanings of Modin Victory

Presented by Vivek Behajia, Carleton University academic professor. Video conference from Saskatoon.
Oct. 30, 11:30-3 p.m.
U of R, Room 215,
2 Research Dr.

Hum pin the nose
Celebrate Halloween like the Victorians did. Pin family Halloweeners for all ages. Enjoy magic shows, solve a mystery, build a mask and more.
Oct. 30-6:30-7:30 p.m.
Government House,
4607 Broadway St.

Halloween Life Drawing with Joel Hurstak
Join Hurstak professional makeup by Emerson Ziffis (visual effects makeup for Hollywood)
Oct. 30, 7 p.m.
U of R Education Auditorium

Oct. 30, 7-10 p.m.
Creative City Centre, 8543
Hersford St.

Fest of Film and Fear
Halloween-themed adult night at the Science Centre. End out your inner yes scientist and conduct a reaction with chemical comprehension using the science of Halloween. Also includes two feature-length neo-IMAX films in the Kinema-IMAX Theatre.
Oct. 30, 7 p.m.
Saskatchewan Science Centre

Honouring the Truants: What Does This Mean?
Presentation by Bob Doe, former Ontario premier.
Oct. 30, 7 p.m.
U of R Education Auditorium

Hydroponic gardening
Presented by Gail Wheatley from B&B Hydroponics, assisted by Ruana Hendrickson-Servick.
Oct. 30, 7 p.m. \$5 for non-members.
United Way, 1640 South St.

Street Halloween Soiree
Hosted by Sunset Catering. All-you-can-eat buffet treats, 50, beer pong tournament, \$4 drinks. Price for best costume. Tickets \$75, available at Cade and Spence.
Oct. 31, 7 p.m., 1231 Cedar St.

Regina Farmers' Market
Saturday 10 a.m.-3 p.m.
St Johns Building,
3045 Hamilton St.

French Club
Come practice and improve your spoken French in a relaxed, friendly atmosphere.
Nov. 1, 10-11:30 a.m.
U of R Language Institute Building near 218 McIntosh

Harvest Hike Sale
Selling home baking and preserves, used books, ornaments and jewelry.
Nov. 1, 1-3:30 p.m.
St. Mary's Anglican Church,
3337 16th Ave.

Victorian Tea
Hosted by the Government House Historical Society.
Nov. 2, 2-4 p.m. and 2:30 p.m. Reserve a table at 639-211-7123. Government House,
4-657 Broadway Ave.

Halloween Bash
PMF the pug fund fundraiser go to Nov. 1, 8 a.m.
Cree, 1025 Victoria Ave.

Sensible for Africa
Grassroots and Grassroots are fundamental.
Nov. 2, 2-4 p.m.
All Saints Anglican Church,
142 Murray St.

Wild Sage Press book launch
Blue Gemini by Heather Peck.
Harris and We're Always

Harris by Terry Jordan, Larra Tunkil and Anne Hayes.
Nov. 2, 2 p.m.
98, Cornsight Street,
S6S 1B8 Ave.

Bethune U.C.W. Turkey Supper
Adults \$12. Kids under 10, \$6. For advance tickets, call 366-3339 or 366-338-3383. Nov. 2, 4:30 and 6 p.m. at Bethune Community Hall.

Photo & Photo Photo
Sunday, 8:30 p.m.
O'Hanlon's, 1947 South St.

Senior's exercise
This weekly event invites mature adults (55+) to have some fun doing light exercises and socializing.
Monday, 9:30-10:15 a.m.
Rathvive Community Centre,
618 8th Ave.

Regina Photo Club
Nov. 3, 7-9 p.m.
SIAT near 80

ChessDay Challenge
Drop in for a game of board game and puzzles.
Tuesday, 8 a.m.-midnight.
Benton Plaza, 543 Albert St. N.

FILM

1918 Night film screening
Featuring Circle Kite (10:45 p.m.) and Rosamund's Baby (8:45 p.m.). Concession available. Friends of the RSM fundraiser.

Oct. 29, 6:45-10:30 p.m.
Royal Saskatchewan Museum,
2445 Albert St.

Cree/Saskatchewan Collaborations
Short-film showcase featuring works by Paul-Guy Cropanzano, Michael Housh, Chrydina (Sis), Jean Rivet, Jordan Mackenzie, Matt Wren, Colton Nussup, Derek Nussup, and Matthew Housh.
Oct. 29, 8 p.m.
The Arena, 2027 10th Ave.

EVENTS

Spark! Shogun's Live

Documentary/Music
Islandic artist Spark! performs songs from her eighth album with evocative visuals provided by designers from around the world.

Doc of the Dead

Documentary
Zombie fiction alerts if there is a defensive zombie culture documentary this is it. Shot and edited in a cinematically edgy, high-octane style, this film hosts a rich pop-culture dialogue with zombie experts and celebrities, seek participation from: Vin Diesel and indie filmmakers, and investigates the possibility and ramifications of an actual zombie outbreak.

Regina Public Library Theatre
331 25th Ave. (306-777-6054)

Fight of the Butterflies

Documentary
Join hundreds of millions of butterflies

on an amazing journey to a remote wilderness in the mountains of Mexico.

Island of Lemurs: Madagascar

Documentary
Join scientist Patrick Wright on his first expedition to help endangered lemur survive in the modern world. Narrated by Morgan Freeman

Journey to the South Pacific

Narrated by Cate Blanchett, this is a breathtaking adventure to the lush tropical islands of remote West Papua, where life flourishes above and below the sea. Join Javi, a young island boy, as he takes us on a journey of discovery to this magical place where we encounter whale sharks, sea turtles, manta rays, and other local creatures of the sea.

Academy Street
2003 Powerhouse Dr.
306-522-4429

NEW MOVIES

Nightcrawler

Drama
A drifter and petty thief (Jake Gyllenhaal) gets caught up in the underground and nocturnal world of crime and news journalism, scoring Los Angeles for gruesome prime-time footage.

Georgie's Cinema
420 McCarthy Blvd. W.
306-522-9036

Cineplex Odeon
Southwest Mall Cinema
2025 Gordon Dr., 306-545-3363

Rainbow Cinema
Golfview Mills Shopping Centre
2406 Albert St., 306-359-5250

Movie listings via free community service offered by SPL. Listings will be posted 14 days prior.



How do we get? (From) in a moment of the world of George Strait House a Dingo in the Night on Thursday. SUBMITTED PHOTO

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SPECIAL OFFER

Buy 1 stir fry
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OTHER SERVICES: Rec Rooms starting @ \$95, Area Rugs
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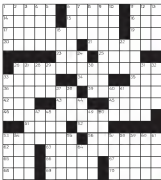
410 Quebec St., Regina, SK 306-545-3990

#CROSSWORD

NEW YORK TIMES *Followed by MW Shorter*

ACROSS

- 1 Runs around
- 6 Bides one's time
- 10 Mystic light, perhaps
- 14 Shakes
- 15 Round of two teams
- 16 Mini
- 17 Film about a Communist invasion? (1950)
- 19 Undrussed
- 20 Ceases
- 21 Too dense
- 22 Moroccan headwear
- 23 Line on a baseball
- 26 I'm about the women I'd like to catch me a bird on? (2005)
- 30 Computer mode
- 32 Is usually between 2 and 5
- 35 Logic game with matches
- 36 Battery component in liquid electrolyte
- 38 The statue "David" erases his clothes in Florence, it is
- 42 Well-stated
- 43 Take account of
- 45 Capable, and others
- 47 I'm about an electricity mode (1960s)



PUZZLE BY ANTHONY M.

DOWN

- 1 Goddess with Doris on the film "Doris"
- 22 Not on charge
- 23 First family of Germany (1930-4)
- 24 Unit
- 25 It's a washroom
- 27 It's about a scientific device's data machine? (2005)
- 28 "Apple pie" author MADAME DE ...
- 29 Pro
- 30 It's ...
- 31 Vegetables' parent
- 32 Not of South

- 1 Germ's home
- 2 Kind of vaccine
- 3 Size of a turned instrument
- 4 Useful
- 5 Hole holes in "bullet on a case"
- 7 ... ink
- 8 Gators' shape
- 9 Cornish
- 10 (sawyer named after a Dutch boy)
- 11 Like a long ride on a busy street
- 12 ... not?
- 13 Destructive naturally
- 14 Vegetables' parent
- 15 Not of South

- 24 Run
- 25 Fresh procedure
- 27 Anthony with the comic line "I'll be a dump"
- 28 Old-time info
- 29 "Kinky" partner
- 31 Shaving/boon-boon
- 32 Initially associated with A.A. Coker in brief
- 33 Back
- 34 Got off the ground?
- 35 Quasi-matter
- 36 Old hand
- 37 (Landscape)
- 44 See 32 Down
- 47 Acronym for linked computers

- 48 Lie Jackie Jackson in the jacket to
- 49 How the capitalist, inspired by Sam Sam Capricorn
- 50 Actor lured
- 51 Library of a very long day maybe
- 54 Lured
- 55 Lured
- 56 Instrument for child eat
- 58 King Harold's father
- 59 Took in a gain
- 60 Lured
- 61 Spinal cord for short
- 64 Member of the MTV generation's naturally

JANRIC CLASSIC SUDOKU

Level: Easy

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and pieces of information to solve the puzzle.

The difficulty level increases from (easiest) to (hardest) to (super hard).

	9		7		2			
1	2							
		2		6	7			
9		5	3			2		
	1	9		6	5			
3			8	2			9	
	4	6		1				
						8	6	
2	4			1				

Solution to the crossword puzzle and the Sudoku can be found on Page 37

Saskatchewan's Largest Craft Sale!



NOVEMBER 7-9

CANADA CENTRE, EVRAZ PLACE

FRI 10AM-9PM
SAT 10AM-6PM
SUN 10AM-5PM



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Clip out this ad & receive \$1 off admission. Limit 1 person. LP - 2



You Fill In The Rest!



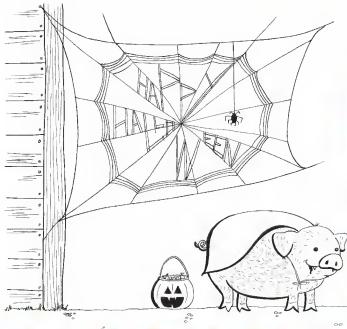
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306-525-3545

OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to qc@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Jacoby Hughes**, Age 8, **Comstockdale**. Thanks to all for your colourful submissions. Try again this week!



Correction

The winner of the Oct. 22 colouring contest was **Woodstock Mallard**.



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SHARP EATS

HALLOWEEN TREATS

Chemical-free alternatives to Halloween candy

By Jenn Sharp

Halloween is every kid's favorite time of the year and what's not to like? There's oodles of candy when a sweet trick-or-treating haul that can last for weeks! What parents can't realize though, is that Halloween can be the kick-off for several months of unhealthy eating.

Dr. Keith Kessler, an American physician author of food and health living advocate, outlines a few ways you can be sure you're exposing your parents to know about Halloween.

1. Halloween is the start of the weight gain season. The average person gains two to four kids grams between Halloween and New Year's Eve. Most of us don't lose all of that weight the next year; a phenomenon called weight creep — the main goal for children.

2. To help kids make sure they're properly nourished and lead a healthy lifestyle. If they do that, they'll have less cravings for candy at Halloween.

3. Make sure kids get six servings of fruits and vegetables per day just third of an apple is one serving. 30 grams of them half their body weight is grams of protein and half their body weight is ounces of water.

4. A fun way to ensure kids are drinking enough water is to have them sip on a lemon, lime or other fruit in a pitcher of water and let it sit overnight. Add their thumbs or water bottle in the morning to take to school. Thirst can often be confused with hunger.

If they're properly nourished and properly hydrated it makes it easier during Halloween. Then, they'll just reward candy because it's fun instead of their body craving the sugar," says Dr. Kessler. 5. Take the time to educate your children and explain why an apple is healthier than a capsule. Look for example: "You can't be a hypocrite. You can't tell your children to do one thing while you're scarfing down a chocolate bar."

Dr. Kessler's book, *The Greenish Language of Nutrition*, teaches kids through animal characters, like "Sugar Shark" and "Salt Snake" about what kids are healthy and which ones they should avoid. The book includes recipes, coloring pages and more. There's also a free app called *Greenish Heroes*, to find out more or to take Dr. Kessler's free health assessment, go to www.drkessler.com.

Author: @drkesslerbooks
Twitter: @drkesslerbooks



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The Surf Sweets products don't contain any synthetic colors or flavors, and are soy, gluten and dairy free. Made from 90 per cent organic ingredients, the gummy bears and spiders also contain the daily recommended amount of vitamin C.



NATURAL HALLOWEEN CANDY ALTERNATIVES

Commercial Halloween candy can be problematic for kids. Most candy and chocolate contain dyes, preservatives, can synop artificial colors and flavors. The following treats, which can be found at most health food stores, are healthier alternatives. Don't mistake these candies for health food though — all still contain sugar and should be consumed as a treat for a special occasion like Halloween. It's no secret that organic candy and fine-taste chocolate is more expensive. If you're looking at the price for bulk or treats, consider going out a smaller quantity but higher quality candy.

QC PHOTOS
BY MICHELLE BEIRO



ENDANGERED SPECIES CHOCOLATE

\$9.49 for an 8 oz. bag of individually wrapped chocolates

ANNIE'S HOMEGROWN ORGANIC BUNNY FRUIT FLAVORED SNACKS

\$7.99 for a 3.5 oz. bag

Annie's snacks, in three flavors, are made from fruit pulp. Artificial flavors, colors and preservatives are not used.



YUM EARTH ORGANIC ORGANIC POPS

\$5.99 for 14 pops, \$9.99 for 50 pops

The pops are made from real fruit pulp, contain 100 per cent Vitamin C and come in five flavors like Pomegranate-Punch, Mango Tango and Wild Rose Watermelon.

NATURE'S PATH ORGANIC CRISPY RICE

\$5.99 for 16 bags

The bars made from brown rice flour come in four flavors in the individual boxes of 16 each. Information about where one per cent of sales go like to the Nature's Path Foundation. For more information on the book, fun games and a website for kids to learn more, all included on the box.



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